How to Order Replacement Parts

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (WLEMBE72000)
- The NAME OF THE PRODUCT (WESLO® 300 bench)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Part No. 170778 R1000A

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WESLO®

bench300

Model: WLEMBE72000
Serial No. _____

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

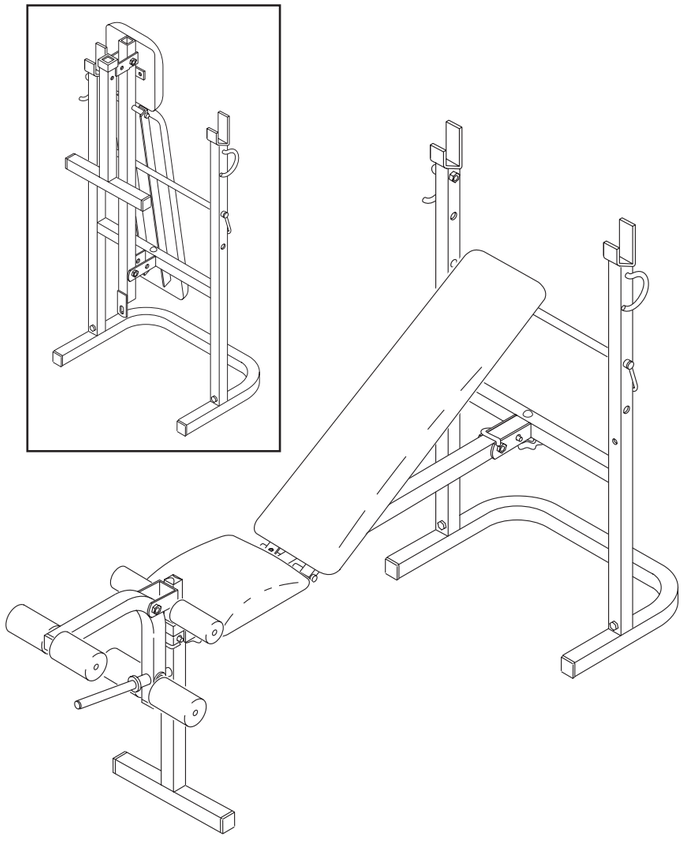
0345-089009

Or WRITE:
ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weslo.com

new products, prizes, fitness tips, and much more!

Table of Contents

Important Precautions 2
Before You Begin 3
Part Identification Chart 4
Assembly 5
Adjusting the Weight Bench 9
Exercise Guidelines 11
Part List 14
Exploded Drawing 15
How to Order Replacement Parts . . . . . Back Cover

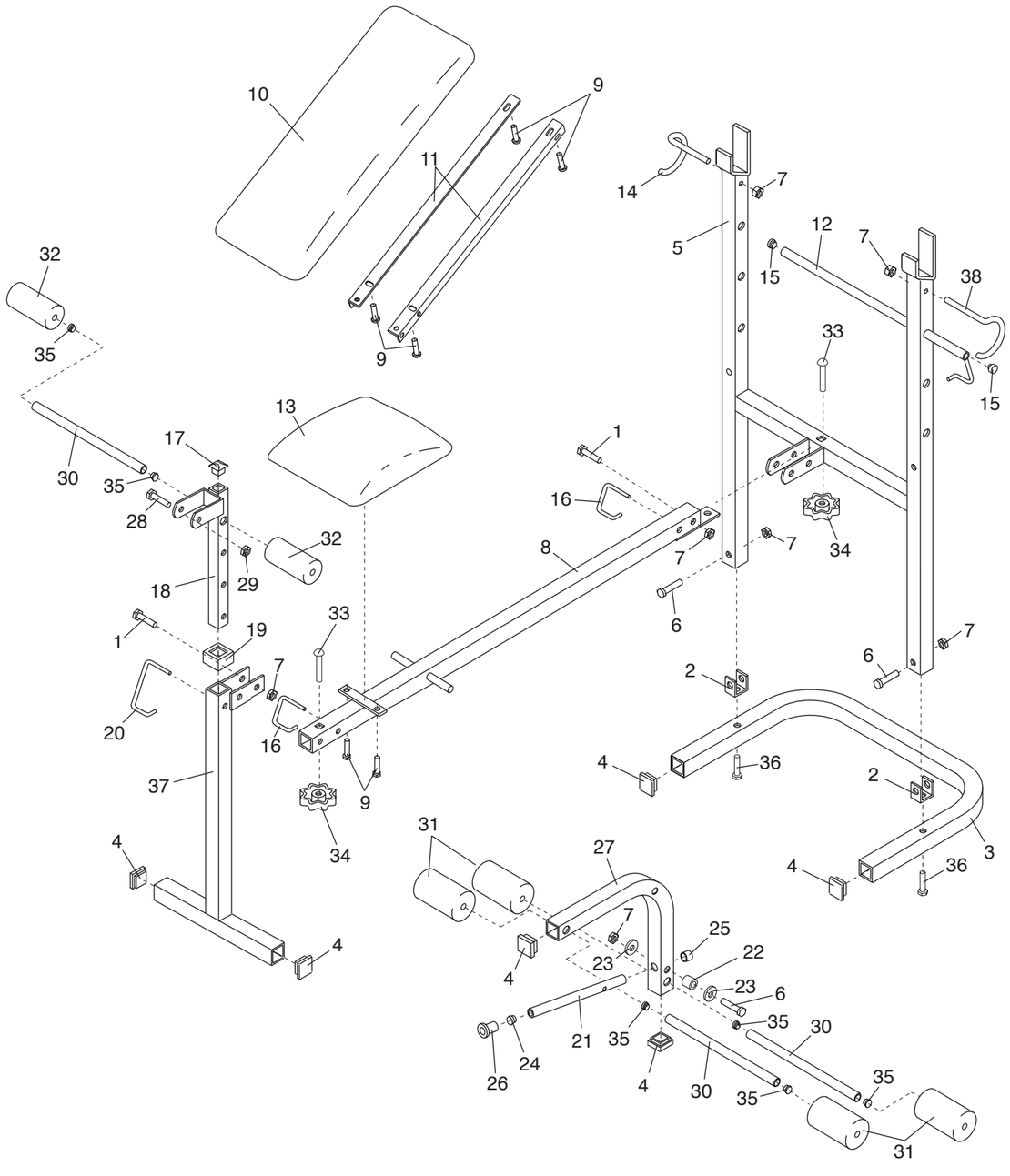
Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.**
5. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **Keep hands and feet away from moving parts.**
9. **Do not use a barbell (not included) that is longer than five feet with the weight bench.**
10. **When using a barbell, always make sure that there is an equal amount of weight on each side.**
11. **The weight bench is designed to support a maximum of 136 kgs (300 lbs.), including the user, a barbell, and weights. Do not place more than 50 kgs (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 57 kgs (125 lbs.) on the leg lever.**
12. **When using the backrest in an inclined position, make sure the adjustment tube is fully inserted into the uprights and that the locking pin is in position around the upright.**
13. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Exploded Drawing—Model No. WLEMBE72000 R1000A



Part List—Model No. WLEMBE72000 R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16” x 2 1/4” Bolt	21	1	Weight Tube
2	2	“U”-Bracket	22	1	5/16” x 3/8” Spacer
3	1	Base	23	2	5/16” Washer
4	6	1 1/2” Square Inner Cap	24	1	1” Round Inner Cap
5	1	“H”-Frame	25	1	1” Angle Cap
6	3	5/16” x 2” Bolt	26	1	Weight Stop
7	7	5/16” Nylon Locknut	27	1	Leg Lever
8	1	Bench Frame	28	1	3/8” x 2 1/2” Bolt
9	6	1/4” x 5/8” Screw	29	1	3/8” Nylon Locknut
10	1	Backrest	30	3	Pad Tube
11	2	Backrest Bracket	31	4	Large Foam Pad
12	1	Adjustment Tube	32	2	Small Foam Pad
13	1	Seat	33	2	5/16” x 2” Carriage Bolt
14	1	Left Barbell Hook	34	2	Locking Knob
15	2	1/2” Round Inner Cap	35	6	5/8” Round Inner Cap
16	2	Small Locking Clip	36	2	5/16” x 2 1/4” Screw
17	1	1” Inner Cap	37	1	Front Leg
18	1	Leg Lift Tube	38	1	Right Barbell Hook
19	1	Leg Lift Bushing	#	1	User’s Manual
20	1	Large Adjustment Clip			

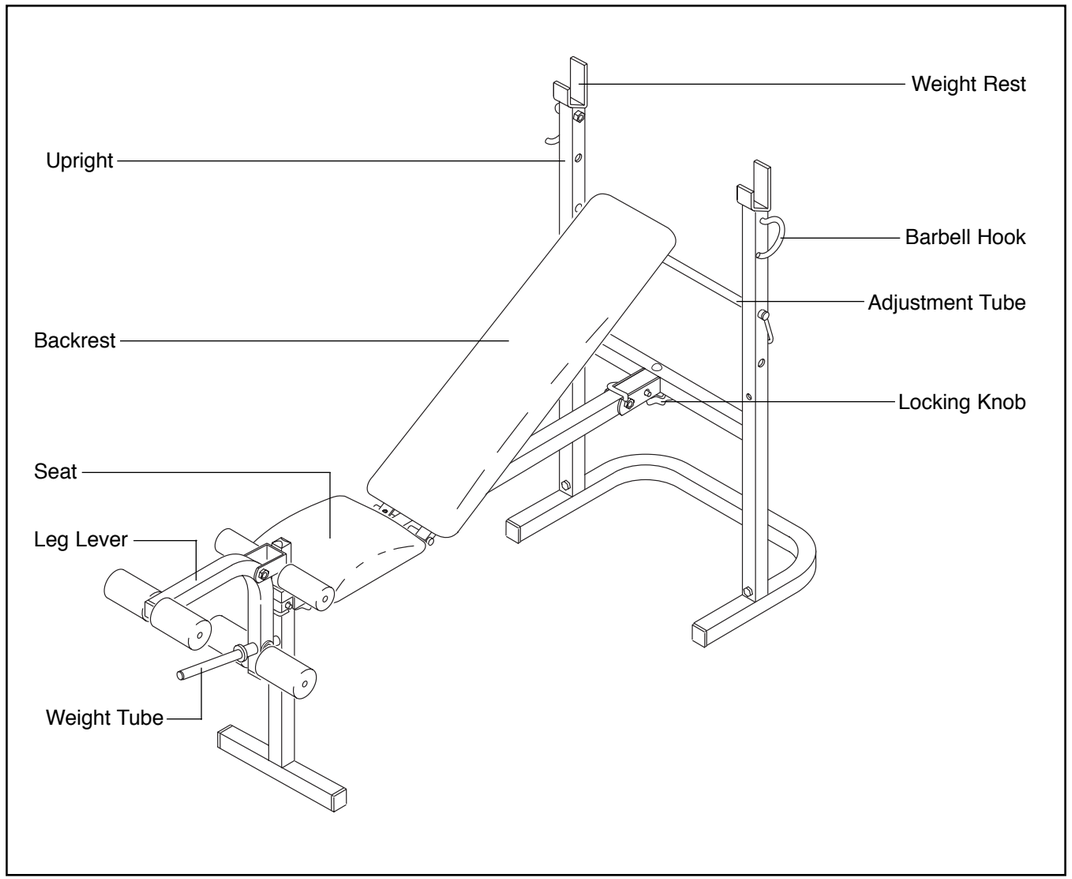
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

Before You Begin

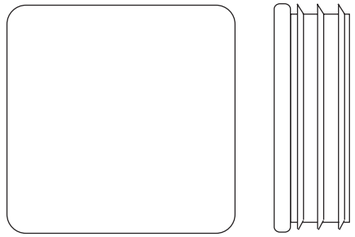
Thank you for selecting the versatile WESLO® 300 bench. The WESLO® 300 bench is designed to be used with your own weight set (not included) to help you develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WESLO® 300 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the WESLO® 300. If you have additional questions, please call our Customer Service Department **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is WLEMBE72000. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

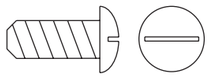
Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



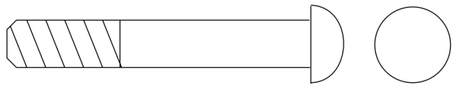
Part Identification Chart—Model No. WLEMBE72000



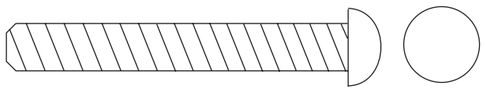
1 1/2" Square Inner Cap (4)



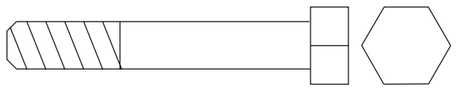
1/4" x 5/8" Screw (9)



5/16" x 2" Carriage Bolt (33)



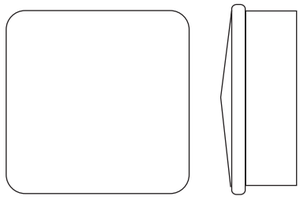
5/16" x 2 1/4" Screw (36)



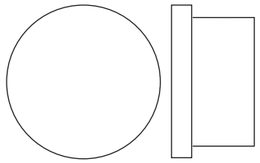
5/16" x 2" Bolt (6)

5/16" x 2 1/4" Bolt (1)

3/8" x 2 1/2" Bolt (28)

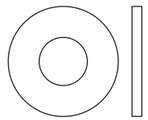


1" Inner Cap (17)



1" Round Inner Cap (24)

5/16" x 3/8" Spacer (22)



5/16" Washer (23)

5/16" Nylon Locknut (7)

3/8" Nylon Locknut (29)

MONDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
___/___/___

AEROBIC EXERCISE

WEDNESDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
___/___/___

AEROBIC EXERCISE

FRIDAY
Date:
___/___/___

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout
- Rest for one minute after each set for a toning workout
- Rest for 30 seconds after each set for a weight loss workout

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

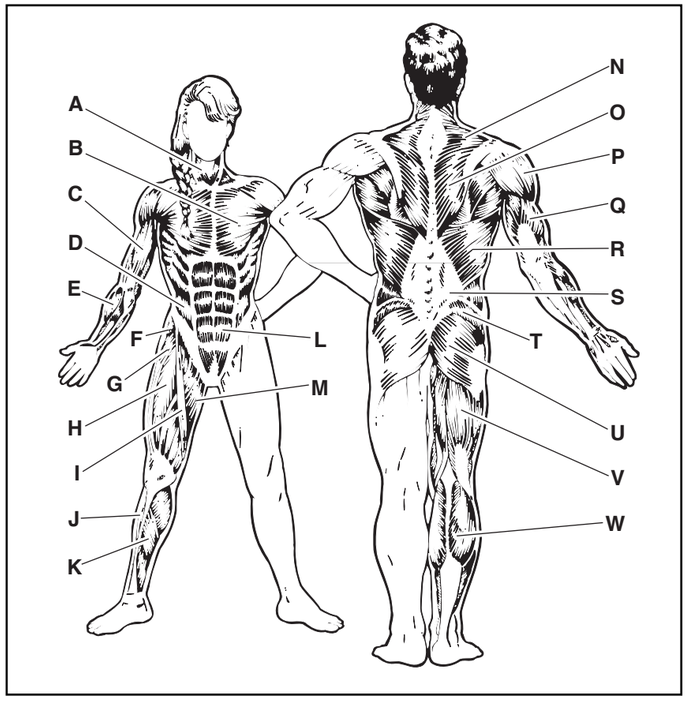
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on the following page can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



Assembly

Before beginning assembly, read the following information and instructions carefully:

Make Things Easier for Yourself!
Everything in this manual is designed to ensure that the can be assembled successfully by anyone. However, it is important to recognize that the weight bench has many parts and and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 4.
- As you assemble the weight bench, make sure that all parts are oriented as shown.

The following tools (not included) may be required for assembly:

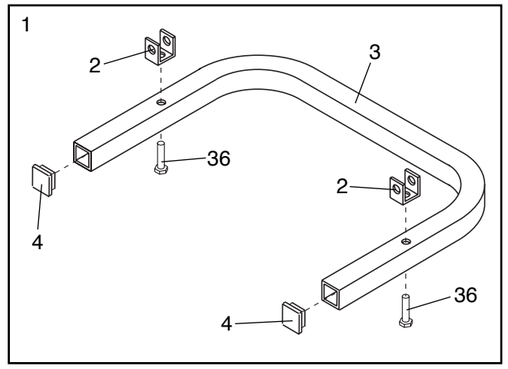
- **Two (2) adjustable spanners**
- **One (1) rubber mallet**
- **One (1) standard screwdriver**
- **One (1) phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly plus soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

   Press a 1 1/2" Square Inner Cap (4) into each end of the Base (3).

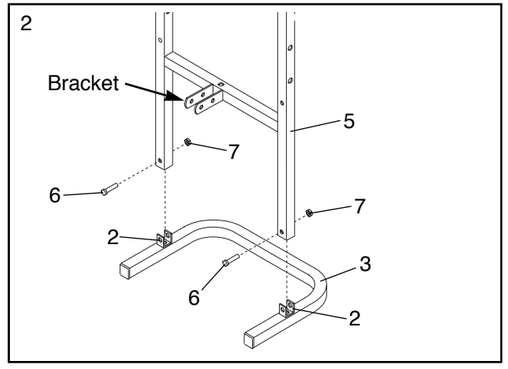
   Insert the 5/16" x 2 1/4" Screws (36) up through the indicated holes in the Base (3). Finger tighten the Screws into the "U"-Brackets (2) as shown. **Do not tighten the Screws yet. Make sure that the "U"-Brackets are turned as shown.**



2. Slide the "H"-Frame (5) over the two "U"-Brackets (2). Make sure that the "H"-Frame is turned as shown.

   Insert 5/16" x 2" Bolts (6) through the indicated holes in the "H"-Frame (5) and the "U"-Brackets (2). Tighten a 5/16" Nylon Locknut (7) onto each Bolt.

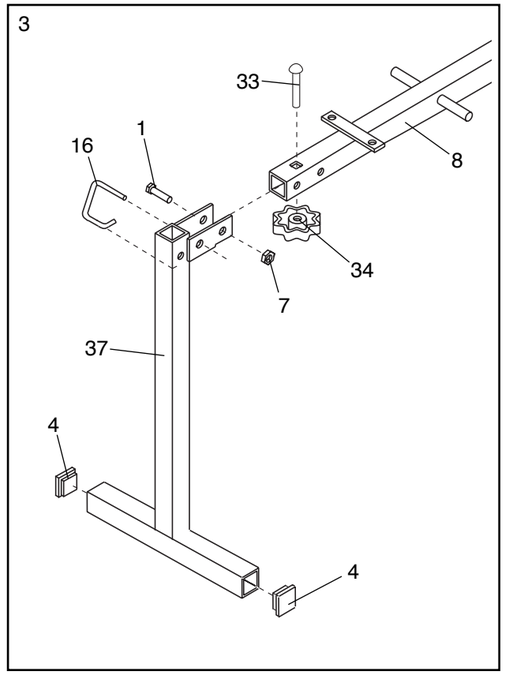
   Fully tighten the 5/16" x 2 1/4" Screws (36) used in step 1.



3. Press a 1 1/2” Square Inner Cap (4) into each end of the stabilizer on the Front Leg (37).

   Attach the Bench Frame (8) to the bracket on the Front Leg (37) with a 5/16” x 2 1/4” Bolt (1) and a 5/16” Nylon Locknut (7). **Do not overtighten the Nylon Locknut; you must be able to pivot the Front Leg.**

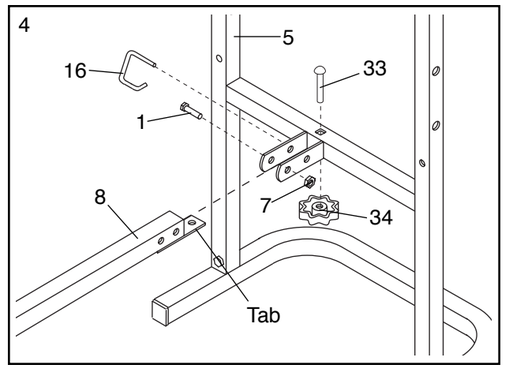
   Insert a 5/16” x 2” Carriage Bolt (33) through the Bench Frame (8) and tighten a Locking Knob (34) onto the Carriage Bolt. Insert a Small Locking Clip (16) into the indicated hole.



4. Attach the Bench Frame (8) to the bracket on the crossbar of the “H”-Frame (5) with a 5/16” x 2 1/4” Bolt (1) and a 5/16” Nylon Locknut (7). **Do not overtighten the Nylon Locknut; you must be able to pivot the Bench Frame.**

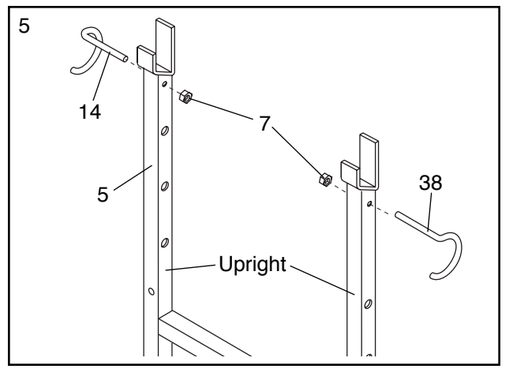
   Insert a 5/16” x 2” Carriage Bolt (33) down through the crossbar of the “H”-Frame (5) and the tab on the Bench Frame (8). Tighten a Locking Knob (34) into the Carriage Bolt.

   Insert a Small Locking Clip (16) into the indicated hole.



5. Attach the Left Barbell Hook (14) to the left side of the “H”-Frame (5) with a 5/16” Nylon Locknut (7).

   Attach the Right Barbell Hook (38) to the right side with a 5/16” Nylon Locknut (7).



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:
- Plan weight training workouts on Monday, Wednesday and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

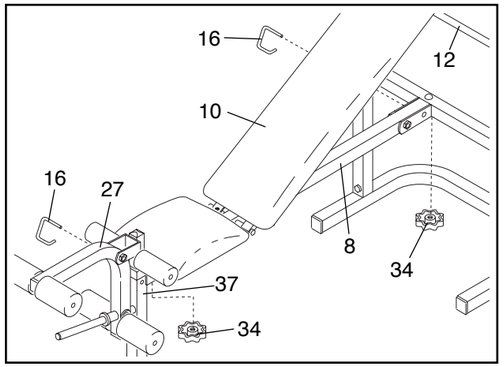
You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. Refer to the muscle chart on the next page to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

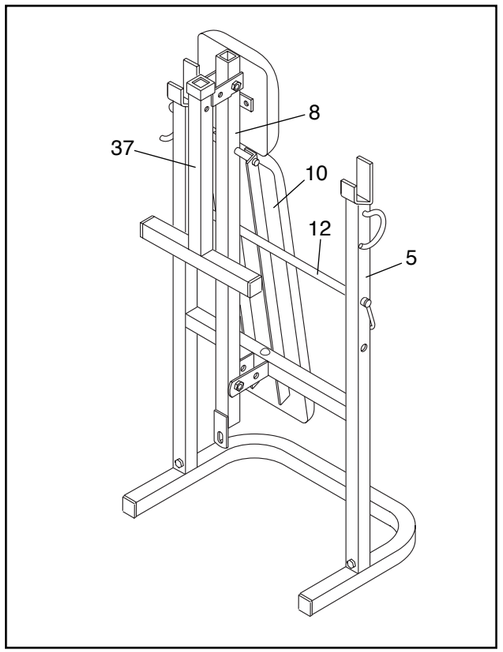
FOLDING AND STORING THE WEIGHT BENCH

To fold the weight bench for storage, first remove your barbell (not included) and any weights from the weight rests or the Leg Lever (27).

Next, remove the Leg Lever (27) from the Front Leg (37). Remove the two Locking Knobs (34) and the two Small Locking Clips (16). Remove the Adjustment Tube (12) and lower the Backrest (10).

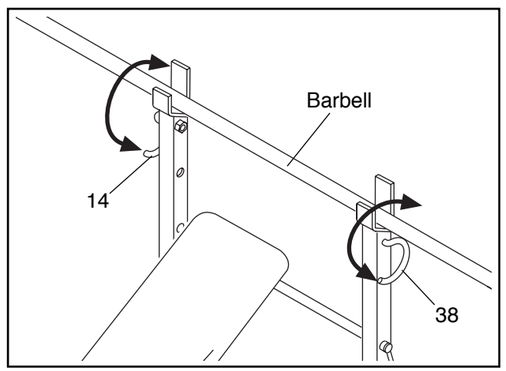


Lift the Front Leg (37) and fold the Bench Frame (8) to a vertical position. Insert the Adjustment Tube (12) into the upper set of holes in the "H"-Frame (5). **Note: The Adjustment Tube must be between the Backrest (10) and the Bench Frame (8).**



LOCKING THE BARBELL

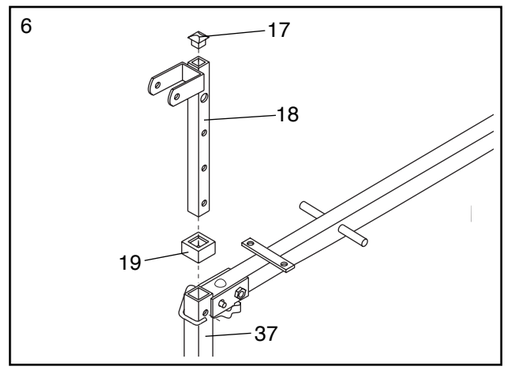
To change weights while your barbell (not included) is on the uprights, secure your barbell with the Barbell Hooks (14, 38). This will reduce the possibility of the barbell tipping while you are changing weights. Always place the same amount of weight on both sides of the barbell.



6. Insert a 1" Inner Cap (17) into the top of the Leg Lift Tube (18).

   Press a Leg Lift Bushing (19) onto the top of the Front Leg (37).

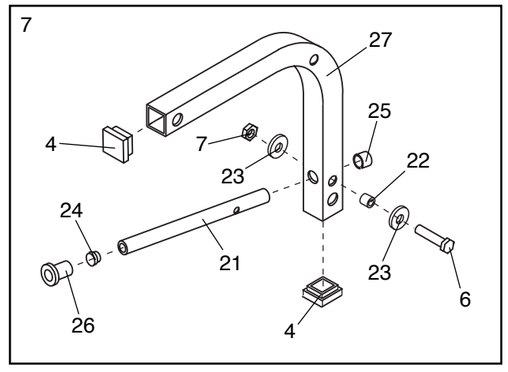
   Insert the Leg Lift Tube (18) into the Front Leg (37).



7. Attach the Weight Tube (21) to the Leg Lever (27) with a 5/16" x 2" Bolt (6), a 5/16" x 3/8" Spacer (22), two 5/16" Washers (23), and a 5/16" Nylon Locknut (7).

   Press a 1" Round Inner Cap (24) into the indicated end of the Weight Tube (21). Press a 1" Angle Cap (25) onto the indicated end of the Weight Tube. Slide a Weight Stop (26) onto the Weight Tube.

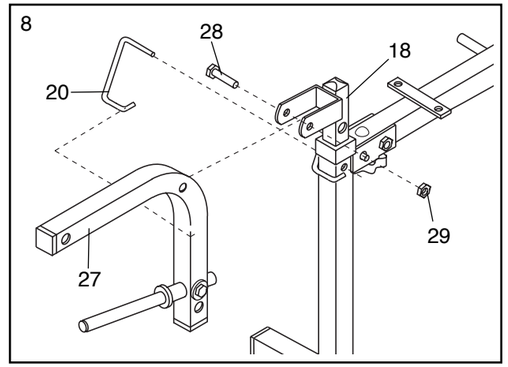
   Press a 1 1/2" Square Cap (4) into each end of the Leg Lever (27).



8. Lubricate the 3/8" x 2 1/2" Bolt (28) with petroleum jelly or another type of grease.

   Attach the Leg Lever (27) to the bracket on the Leg Lift Tube (18) with the 3/8" x 2 1/2" Bolt (28) and the 3/8" Nylon Locknut (29).

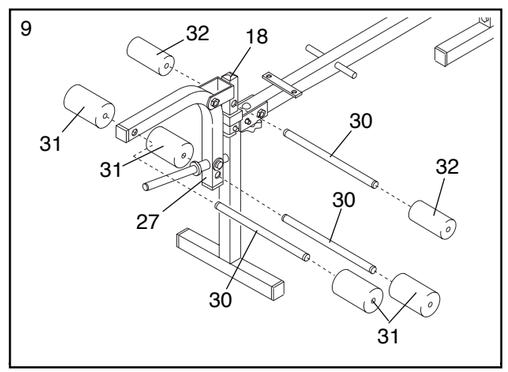
   Insert the Large Adjustment Clip (20) through the indicated hole in the Leg Lift Tube (18) and lock it in place around the Leg Lever (27).



9. Insert a Pad Tube (30) into the lower hole in the Leg Lever (27), as shown. Slide a Large Foam Pad (31) onto each end of the Pad Tube.

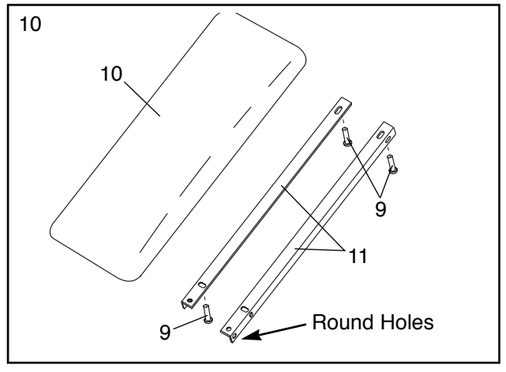
   Insert a Pad Tube (30) into the upper hole in the Leg Lever (27). Slide a Large Foam Pad (31) onto each end of the Pad Tube.

   Insert a Pad Tube (30) into the hole in the Leg Lift Tube (18). Slide a Small Foam Pad (32) onto each end of the Pad Tube.



10. Attach the Backrest Brackets (11) to the Backrest (10) with **three** 1/4” x 5/8” Screws (9) as shown. **Important: Note that the nuts in the back of the Backrest (10) are closer to one end of the Backrest than the other. If the Backrest Brackets are attached correctly, the ends with the round holes will extend beyond the Backrest, as shown in drawing 11.**

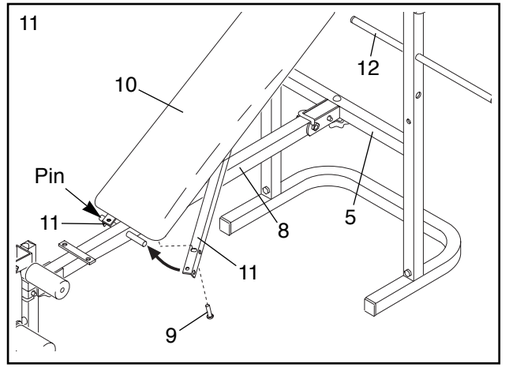
    Do not tighten the three 1/4” x 5/8” Screws (9) yet.



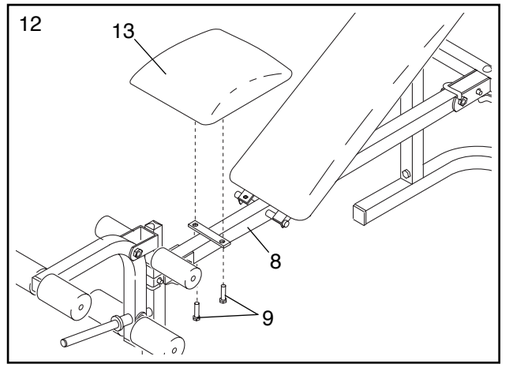
11. Insert the Adjustment Tube (12) into the middle set of adjustment holes in the “H”-Frame (5).

    Rest one end of the Backrest (10) on the Adjustment Tube (12) and slide the Backrest Bracket (11) that is attached with two 1/4” x 5/8” Screws (not shown) onto the welded pin on the Bench Frame (8).

    Pivot the other Backrest Bracket (11) over the welded pin on the Bench Frame (8). Fasten the Backrest Bracket to the Backrest (10) with the remaining 1/4” x 5/8” Screw (9). **Tighten all four Screws in the Backrest.**



12. Attach the Seat (13) to the bracket on the Bench Frame (8) with two 1/4” x 5/8” Screws (9).



13. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench on page 9.**

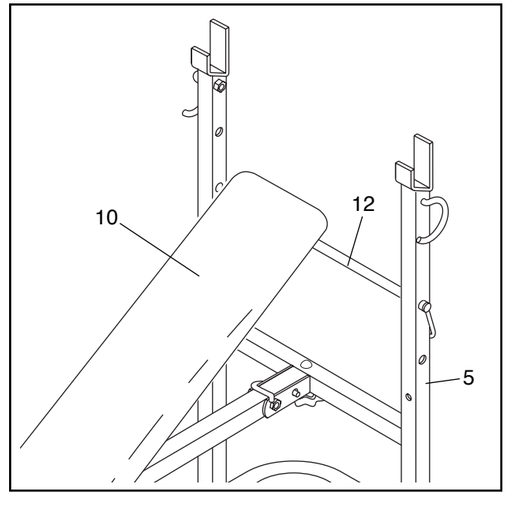
Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 11 for important information on how to get the most benefit from your exercise program.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

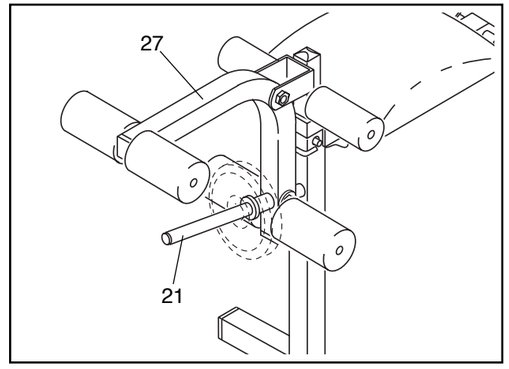
The Backrest (10) can be set at a level position or any of three inclined positions. To change the position of the Backrest (10), move the Adjustment Tube (12) to a different set of adjustment holes in the “H”-Frame (5).



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (27), slide the desired amount of weight (not included) onto the Weight Tube (21).

⚠ WARNING: Do not place more than 125 pounds on the leg lever.



ADJUSTING THE HEIGHT OF THE LEG LEVER

To adjust the height of the Leg Lever (27), remove the Large Adjustment Clip (20). Slide the Leg Lift Tube (18) to the desired position and re-insert the Large Adjustment Clip.